

Stand 131 ~ Mind Body Spirit
RDS Dublin 18th to 20th March 2016
FREE Talk Friday 18th 4pm

RECLAIM YOUR BREATH

Saturday 16th & Sunday 17th April ~ 2016
Emmaus Retreat Centre, Swords, Co. Dublin

What if ... you could feel more energy, clarity & peace in your daily life?

Experience the benefits of **Transformational Breath®**

- Reduce your stress instantly
- Boost your immune system
- Optimise your lung capacity
- Enhance your energy & aliveness
- Clear mental & emotional blockages
- Connect with your essence & express your truth



Why is breathing so important?

Most of us breath with only 30% of our lung capacity, depleting our body of vital oxygen & energy. When you learn the mindfulness skill of consciously connecting your breath, you reclaim your breath and your life. Discover how full diaphragmatic breathing allows you to release long-held restrictions in your body ~ enhancing your well-being.

On this inspiring two-day workshop, you will learn how techniques such as Breathing Analysis, Body Mapping & Sound can open your breathing pattern.

Twice-daily 45min Breath Sessions as well as mini "100 Breaths"
PLUS Introduction to the Three Levels of Transformational Breath®



Organisers & Transformational Breath® Co-Trainers
Claire Haugh & Michael Blake (Galway, Ireland)
& Senior Trainer of Transformational Breath®
Indalecia Rohita Ziritt (Milan, Italy) invite you
to join us on this profound & powerful journey.

BOOK NOW ~ EARLY BIRD €50 Discount

Tuition €375/€275 if €100 deposit before 21st March

PLUS 2-Day Emmaus Rate €70 (3-course lunches/tea breaks)

email: info@heartspace.ie

or check out our website www.heartspace.ie

Call 00353 (0)94 954 6666 or 00353 (0)87 257 4260

This Seminar is presented by HeartSpace Sanctuary Ireland ~ www.heartspace.ie
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